



# Easy Sesame-Crumbed Salmon

with Pear Salad & Sweet Potato Fries

Grab your Meal Kit with this symbol



Sweet Potato



Black Sesame Seeds



Panko Breadcrumbs



Sesame Oil Blend



Salmon



Pear



Mixed Salad Leaves



Mayonnaise

Hands-on: 15-25 mins  
Ready in: 30-40 mins

Eat Me First

Sesame plays a starring role in this delectable dinner – we've added black seeds and a fragrant sesame oil blend to the crumb, giving it extra crunch and an irresistible flavour. Baked sweet potato fries and a refreshing pear salad are the perfect sidekicks.

### Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
black sesame seeds	1 large packet	2 large packets
panko breadcrumbs	½ medium packet	1 medium packet
sesame oil blend	1 packet	2 packets
soy sauce*	¾ tbs	1 ½ tbs
salmon	1 small packet	1 large packet
pear	½	1
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	709kJ (169Cal)
Protein (g)	36.1g	7.9g
Fat, total (g)	49.6g	10.9g
- saturated (g)	8g	1.8g
Carbohydrate (g)	42.9g	9.4g
- sugars (g)	15.6g	3.4g
Sodium (mg)	550mg	121mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Make the salad

- While salmon is baking, thinly slice **pear** (see ingredients) into wedges.
- In a medium bowl, combine **rice wine vinegar** and some **olive oil** (1/2 tbs for 2 people / 1 tbs for 4 people). Season, then add **mixed salad leaves** and **pear**. Toss to coat.



## Prep & bake the salmon

- Meanwhile, combine **black sesame seeds**, **panko breadcrumbs** (see ingredients) and **sesame oil blend** in a small bowl. Season with **salt** and **pepper**.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a second lined oven tray. Drizzle over the **soy sauce**, then spoon over the **sesame crumb**, gently pressing down so it sticks.
- Bake until just cooked through and the crumb is slightly golden, **8-12 minutes**.

**TIP:** Don't worry if some of the crumb falls off, you'll use it later!



## Serve up

- Divide sesame-crumbed salmon, sweet potato fries and pear salad between plates. Spoon any extra crumb from tray over salmon.
- Serve with **mayonnaise**.

## Enjoy!